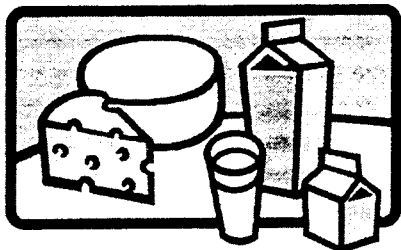


Hartford Area Food Stores Price Survey

May 19-25, 2002

City of Hartford
Food Policy Commission



Inside you will find a price comparison of selected items at seven supermarkets in the Hartford area.

Each item is listed along with its price at each store. The total cost of all of the items for each supermarket is then added so that you can compare the stores.

We have also provided a summary of the results, noting which stores are least expensive in certain categories, such as 'fruits and vegetables' and 'dry goods'. To make the best use of this survey, look at those items which you buy most often. Then determine which store offers the best prices for your needs.

10 Reasons to Buy Local Food



1. Locally grown food tastes better.

Food grown in your own community was probably picked within the past day or two. It's crisp, sweet, and loaded with flavor.

2. Local produce is better for you.

Food that travels from far away loses its freshness and vitality in transit. Locally grown food, purchased soon after harvest, is as fresh as it can be.

3. Local food preserves genetic diversity.

Local farmers grow a huge number of varieties, many of which have been passed down from generation to generation because they taste good. These old varieties contain genetic material from hundreds or even thousands of years of human selection.

4. Local food supports local farm families.

With fewer than 1 million Americans claiming farming as their primary occupation, farmers are a vanishing breed. Buying local food helps keep farmers in business.

5. Local food builds community.

Buying local food establishes a time-honored connection between the eater and the grower. Knowing local farmers provides an insight into the seasons, the weather, and the miracles of raising food.

6. Local food preserves open space.

The landscape of lush fields, meadows of wildflowers, and picturesque red barns will survive only as long as farms are financially viable. When you buy locally grown food, you are helping preserve the agricultural landscape.

7. Local food keeps your taxes in check.

Farms contribute more in taxes than they require in services. Suburban development costs more in services than it generates in taxes.

8. Local food supports a clean environment and benefits wildlife.

A well-managed farm is a place where fertile soil and clean water are valued. The habitat of a farm is also the perfect environment for many species of wildlife.

9. Local food helps the local economy

Talk to your supermarket's produce and meat managers about what foods in their store have been grown locally. Make sure to buy local food to support your local farmers and the farm economy.

10. Local food is about the future.

By supporting local farmers today, you can help ensure there will be farms in your community tomorrow and that future generations will have access to nourishing, flavorful, and abundant food.



Adapted from Growing for Market,
"10 Reasons to Buy Local Food," 2001.

Supermarket Survey	Size	Waldbaum's	Adam's	Adam's	Shaw's	Stop&Shop	Stop&Shop	Big Y
May 19 - 25, 2002:		W. Hartford	Hartford	W. Hartford	W. Hartford	Bloomfield	Hartford	E. Hartford
Vegetables: Potatoes, fresh, eastern, white	5 lb. bag	3.99	3.99	3.99 s	4.29	3.49	3.49	3.99
Carrots, fresh	1 lb. bag	0.79	0.79	0.79	0.79	0.79	0.79	0.79
Tomatoes, fresh, bulk	per lb.	2.49 1	1.99 s, 1	1.99 s, 1	1.99	1.99	1.99	1.98 s
Iceberg lettuce, fresh	1 head	1.59	1.59	1.59	0.99	1.59	1.59	1.28 s
Cabbage, fresh, green	per lb.	0.59	0.59	0.59	0.59	0.59	0.49	0.25
Onions, fresh, yellow	2 lb. bag	1.69	0.99	1.49	1.50 s	1.49	1.49	1.49
Green beans, frozen, regular cut, store brand	9 oz.	0.99	0.75	0.79	0.69	0.50 s	0.50	0.69
Corn, whole kernel, Del Monte canned, regular	15.25 oz. can	0.85	0.79	0.85	0.79	0.79	0.75	0.79
Fruit: Bananas, fresh, green tips	per lb.	0.69	0.59	0.69	0.59	0.69	0.59	0.69
Apples, McIntosh, fresh	3 lb. bag	2.39	2.49	2.99	2.29	2.49	2.49	2.49
Orange juice, frozen concentrate, store brand	12 oz. can	1.19	1.09	1.19	1.09	1.19	1.09	1.29
Meat/Dry Beans/Eggs/Nuts: Ground beef, 85% lean	per lb.	3.19	2.19 5	2.19 5	2.15 s	3.09	3.09	3.59
Chicken drumsticks, small pack, least expensive	per lb.	1.79	1.09	1.29	1.79	1.39	1.39	1.99 14
Pork, loin chop center cut, small/no bone, not family	per lb.	3.99	3.99	4.99	4.49	5.09 s	5.09 s	5.29
Bologna, beef, Oscar Meyer	12 oz.	3.19	2.69	2.99	2.79	2.99	2.99	2.99
Tuna, chunk light, water packed, Starkist	6 oz. can	0.89	1.39	0.99 s	0.89	0.89	0.89	0.29 s
Red kidney beans, dry, Goya	1 lb. bag	0.89	0.89	0.89	0.79	0.89	0.89	0.89
Eggs, white, grade A large	per doz.	1.39	1.33 6	1.39	1.44	1.39	1.49	1.29
Peanut butter, store brand, regular, creamy	18 oz. jar	1.29 s	1.69	1.69	1.59	1.79	1.69	1.50 s
Milk/Cheese: 2% milk, store brand	1 gal.	2.99	3.09	2.99	2.99	2.99	2.99	3.19
Cheese, Mozzarella, shredded, store brand, LMPS	8 oz.	2.39	1.89 7	1.79 s	1.99	1.99	1.99	1.99
Grains: Bread, white, enriched, store brand	20-22 oz. loaf	1.09	1.09	1.09	0.99	1.19	1.19	1.09
Cereal, Cheerios, regular	15 oz. box	3.29	3.49	3.29	3.59	3.59	3.59	3.69
Cereal, Kellogg's Frosted Flakes	15 oz. box	3.19	2.00 s	2.00 s	2.99	2.99	2.99	2.09
White flour, store brand	5 lb. bag	1.29	1.29	1.29	1.19	0.89	0.89	1.59
Rice, white, long grain, enriched, store brand	5 lb. bag	2.99	1.79	1.79	1.69	1.49	1.49	1.79 15
Spaghetti, regular (#8) store brand	1 lb. box	0.60	0.67	0.60	0.40 s	0.67	0.67	0.61
Fats/Oils/Sweets: Coca Cola, regular	2-liter bottle	1.33	1.29	0.89 s	1.29	0.99 s	0.99 s	1.25
Grape jelly, Welch's concord	18 oz. jar	1.79	1.79	1.79	1.79	1.89	1.79	1.89
Vegetable oil, blend, Wesson	24 oz.	1.79 2	1.79	1.79	1.79	1.49 s	1.49	1.65
Margarine, quarters, veg oil, store brand	1 lb.	0.50 s	0.50 8	0.59	0.59	0.40	0.40	0.99
Salad dressing, Miracle Whip, regular	32 oz.	2.00 s	2.50 s	3.39	3.49	1.99 s	1.99 s	2.00 s
Other: Pasta sauce, Prego, traditional	28 oz. jar	1.89	1.99	1.89	1.99	2.09	1.99	1.50
Salsa, Ortega, Thick and Chunky, medium	16 oz. jar	2.79 3	2.69 9	2.59 9	2.59 11	1.50 s	1.50 s	2.65
Dinty Moore Beef Stew	24 oz. can	2.39	2.49	2.49	2.39	1.99 13	1.99	2.59
Campbell's chicken noodle soup, regular	10.75 oz. can	0.79	1.39 10	0.79	0.79	0.89	0.89	0.87
Frozen entree, Stouffer's meat lasagna	10.5 oz.	2.79	2.39	2.39	2.39	2.19 s	2.19	2.99
Infant formula, Enfamil (low iron) (WIC certified)	13 oz. conc.	3.19	3.19 2	3.19	3.19	3.19	3.19	3.19
Coffee, Folgers, canned, Aroma roasted	13 oz.	2.49 4	2.89 4	2.79 4	2.89 12	2.99	2.89	2.39
Laundry detergent, Tide, powder	40 loads	7.99	8.49	8.49	8.29	8.69	8.29	8.99
Toilet tissue, Scott	roll, 1000 ct.	0.75	0.69	0.75	0.69	0.79	0.75	0.87
Totals:		84.18	80.30	82.03	81.52	80.00	78.92	83.42
Totals for stores in June 2001		75.70	73.67	77.84	76.48	81.04	79.56	80.93
Store Cleanliness & Service: (excellent, good, fair, poor)		excellent	excellent	excellent	excellent	good	excellent	excellent
NOTES	S - indicates that the item is on sale (includes 2 for 1 offers), possibly only with savings card.							
	1. Hot house tomatoes; 2. Canola brand; 3. Garden style; 4. Classic Roast; 5. 80% lean;							
	6. Based on 2/3 of the 18 egg package price; 7. Maiucci & Sons brand; 8. 70% Veg. Oil Spread;							
	9. Old El Paso Thick and Chunky, Medium, 16 oz.; 10. Classics Homestyle; 11. Ortega Salsa Prima;							
	12. Not 'Aroma Roast'; 13. Item not on shelf, price quoted by employee; 14. Buy 1, get 2 free; 15. Goya brand							

Store Locations & Bus Lines

Bloomfield

Super Stop & Shop

- 313 Cottage Grove Road
Bus: S1, T4, T5

East Hartford

Big Y

- School Street Plaza, 287 Ellington Road
Bus: H1 (East Windsor Hill)

Hartford

Adam's Food Stores

- 76 New Britain Avenue
Bus: Q2

Super Stop & Shop

- 150 New Park Avenue
Bus: K3

West Hartford

Waldbaums

- Bishops Corner, 772 North Main Street
Bus: A1, E2, U3

Adam's Food Stores

- 333 North Main Street
Bus: A1, E2, U3

Shaw's Super Food Store

- Prospect Plaza, Prospect Avenue
Bus: K3

**For More Information on Bus Routes,
contact CT Transit at (860) 525-9181.**

This survey is produced annually by
the Hartford Food Policy Commission.

For more information, or to volunteer
to help survey stores, please contact
us anytime:

Food Store Price Survey

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Summary of Results

If your shopping list is similar to the one we've used in this sample, then the rating below should give you a good idea as to which supermarkets will give you the best value.

Overall Prices

<i>least</i>	1	Stop & Shop, Hartford
<i>expensive</i>	2	Stop & Shop, Bloomfield
	3	Adam's, Hartford
	4	Shaw's, W. Hartford
	5	Adam's, W. Hartford
<i>most</i>	6	Big Y, E. Hartford
<i>expensive</i>	7	Waldbaum's, W. Hartford

Stop & Shop in Hartford currently has prices that are 6% lower than prices at the most expensive supermarket, Waldbaum's in West Hartford.

You may wish to buy certain groups of items at specific grocery stores. Fruits and Vegetables are priced lowest at the Stop & Shop in Hartford. Dry and Canned Goods are cheapest at the Big Y store in East Hartford. Meat, Eggs, and Dairy are best priced at the Adam's store in Hartford. Supermarkets such as Big Y and Stop & Shop also often have huge discounts on particular items. Keeping an eye out for these sales can be a money-saver.